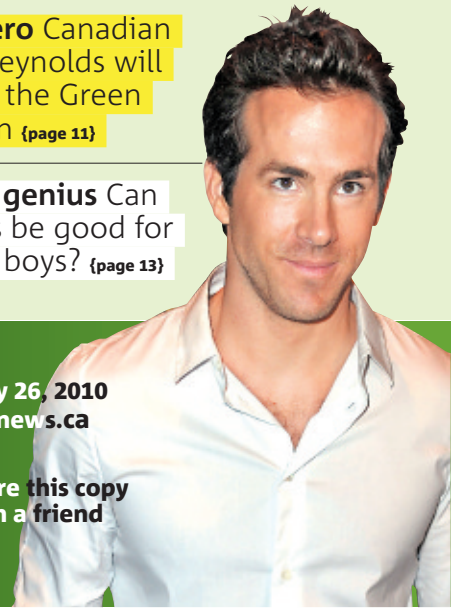
GO GREEN

STARS LIGHT UP COMIC-CON

GREEN LANTERN BUZZ BEGINS

The hero Canadian Ryan Reynolds will star as the Green Lantern {page 11}

Comic genius Can comics be good for young boys? {page 13}



TORONTO metro®

Monday, July 26, 2010
www.metronews.ca

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Hey, listen up: 'i-dosing' is bunk

YouTube full of videos of youngsters trying out 'digital drugs' Some claim two-tone technology alters one's brainwaves and mental state But neuroscience Prof. Robert Zatorre says 'it doesn't really do anything'

Are kids really, actually, getting high these days by listening to MP3s on their computers?

The phenomenon of so-called digital drugs — or i-dosing — has been spreading like wildfire around the Internet and the international press in recent weeks.

Apparently, a set of headphones and a trippy, digitally crafted song is all you need to achieve a state of imaginary ecstasy — not unlike the one from consuming illicit drugs.

But here's the assessment from scientific experts: Pssst, kid, ever heard of the placebo effect?

It's apparently nothing more than an acoustic illusion, and there is no scientific basis to prove the purported effects of i-dosing.

THE CANADIAN PRESS

Dundas Square. Thrilling

▶ Dancers pay tribute to Michael Jackson yesterday with a rendition of Thriller as part of the fourth annual Youth Day at Yonge-Dundas Square. An estimated 10,000 people attended the event. More coverage, page 4

RICK EGLINTON/TORSTAR NEWS SERVICE

For one day, you could call it Dundas and Young

Keeping cool

Don't burn a hole in your wallet

How to beat the heat without breaking the bank as we hit the dog days of summer {page 15}

How Swede it is at St. George's

Strong third round propels Pettersson to golf title {page 19}

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1 news

Bronfmans fight to save fencing

One of Canada's wealthiest families is asking Toronto city hall to change its mind and let stand most of the fortress-like fencing around a Forest Hill mansion hit by a $1-million burglary in 2008.

In May, the Etobicoke-York community council voted unanimously to reject media mogul Paul Bronfman's application for a retroactive exemption from Toronto's two-metre height restriction on residential fences.

After several neighbours complained the wrought iron and wire fences are an eyesore built in defiance of city rules, the committee ordered Bronfman to tear down the offending portions immediately.

Almost two months later, the fences around 40 Burton Rd. still stand guard, untouched.

Jane Pepino, a lawyer for the Bronfmans, said the family has submitted to the city a revised application for exemption that would see it tear down only the illegal fencing that abuts the properties of two neighbours who complained — financier Joe Shlesinger and George Friedmann, owner of the Windsor Arms hotel.

The other neighbours adjacent to 40 Burton, in the Bathurst Street-St. Clair Avenue West area, have said they don't mind the barriers, Pepino said.

TORSTAR NEWS SERVICE

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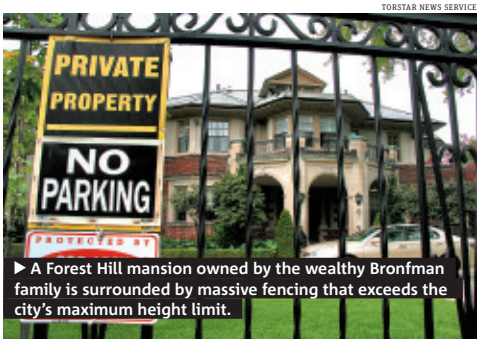

▶ A Forest Hill mansion owned by the wealthy Bronfman family is surrounded by massive fencing that exceeds the city's maximum height limit.

Critics eye eco fee collectors' spending

Groups not required to meet rules on use of consultants, expenses that regulate government agencies

Opposition parties are calling on provincial bodies that collect Ontario's eco fees to come clean about how they're spending the millions of dollars they receive each year, including how much they're paying for consultants.

Even though Stewardship Ontario and Ontario Electronics Stewardship are not-for-profit corporations and don't receive government funds, the public has a right to know how they're spending the fees they're collecting, said Progressive Conservative Lisa MacLeod.

"Since these fees are mandatory, it is a tax," she said. "And I think most Ontario taxpayers understand that their money is being used to fund these organizations. So it is, effectively, their tax dollars."

Stewardship Ontario landed in hot water earlier this month when, with little warning, eco fees that fund a recycling program for potentially hazardous products were slapped on thousands of new household items.

Environment Minister John Gerretsen was forced to drop the fees amid complaints from both businesses and consumers, but taxpayers are still on the hook for the estimated $5 million it will cost to keep the program running while it's being revamped.

"Rules governing their expenditures need to be ones that protect the public."
NDP ENVIRONMENT CRITIC PETER TABUNS

THE CANADIAN PRESS

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Environment Minister John Gerretsen was recently forced to drop eco fees after receiving complaints. Now opposition parties want the bodies that collect eco fees to come clean on their expenses.

News on the move

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Guidy Mamann on how a last-minute marriage before immigrating to Canada can lead to disaster. More at metronews.ca/immigration

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Summer heat makes berry sweet

Hot weather putting fresh fruits and veggies on tables early this year

This summer's sizzling weather is helping to put fresh local produce on dinner tables earlier than usual this year.

According to Dean Foster of Fosterholm Farms Inc., crops have been about two weeks ahead of schedule.

"Sweet corn is normally around the end of July. But we've had it here for a couple weeks now and we're just really getting at it good right now," he said.

Foster, who grows berries, peppers and pumpkin squash among other crops on his farm in Prince Edward County in eastern Ontario, said the weather is a big plus all around.

"The heat advances the crop so there's more growing time. And an early start means you've got more potential days to sell your produce."
DEAN FOSTER, FOSTERHOLM FARMS

"The heat advances the crop so there's more growing time," he said. "And an early start means you've got more potential days to sell your produce."

According to Pam Fisher, a berry crop specialist with the provincial Ministry of Agriculture, Food and Rural Affairs, heat and soil moisture usually lead to crops with a good yield.

Even in parts of southwestern Ontario, where isolated pockets have had little rainfall, farmers have still been able to irrigate.

"The crops out there right now are excellent quality," Fisher said.

The only real victims? Strawberries. According to Hughes, warm weather in March brought the bloom out early and then frost on Mother's Day weekend cut the crop in half. But the ones that survived are delicious. TORSTAR NEWS SERVICE

Cycling. Heart

Cyclists gear up yesterday to ride for the 12th annual Friends for Life Bike Rally at Queen's Park.

CHRIS TINDAL/FOR METRO TORONTO

Riding for a good cause

300 riders and supporters, plus 100 crew members, assembled at Queen's Park yesterday to kick off the 12th annual Friends For Life Bike Rally in support of the Toronto People With AIDS foundation. Over the next six days the riders will cycle 600 kilometres to Montreal and will have collectively raised $1.1 million for their cause to date.

Possible python on the loose in London

A metre-and-a-half long snake, possibly a python, was on the loose in London, Ont., yesterday after the reptile managed to slither away from police trying to catch it.

Officers responded to a call late Saturday night of a snake on the loose in a residential neighbourhood.

Officers arrived on the scene and saw the snake.

"We had an officer out there who is somewhat familiar with snakes, and he's the one that thinks it's a python, but that's totally unconfirmed," said Const. Jane Crosby.

Officers attempted to corner and catch the large snake, but it moved under the front steps of a vacant home.

Police and animal control were searching for the snake yesterday morning, and canvassed the neighbourhood to see if anyone may have owned the reptile. Crosby said there have been no reports of a missing snake.
THE CANADIAN PRESS

Python facts

- **Popular pets** "People do keep them as pets, Burmese pythons are the most popular," said Lee Parker, facility manager at Reptilia, who added bylaws for owning a large snake differ in every city and town.
- **Not dog-friendly** Pythons "have been known to kill small dogs, and cats."
- **Exotic** Parker said there is a chance the officer mistook the snake for a python, but he did add a snake that size is likely not indigenous to Canada.

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A festive weekend

Large-scale parties across the city Masala! Mehndi! Masti! and Youth Day draw thousands

The city buzzed with activity over the weekend as thousands of Torontonians took advantage of the sunny weather to enjoy various festivities across Toronto.

Masala! Mehndi! Masti!, the largest free festival of South Asian culture in North America, celebrated its 10th anniversary at the Canadian National Exhibition. Among the art forms being showcased was the first South Asian-style Canadian Idol seniors competition yesterday.

Winners Jag Mohan, 54, in the 50-64 category, and Ramesh Panchal, 67, in the 65-plus category, clinched their $500 prizes after beating 10 other competitors.

Meanwhile, thousands gathered at the ever-busy Yonge-Dundas Square for the four annual Youth Day. For these teens, the day was filled with dancing and music by young Canadian artists.

This year's event also featured a record-setting number for the largest public participation of the Twist.

TORSTAR NEWS SERVICE

Jazz finale

The 22nd Beaches International Jazz Festival wrapped last night with a string of musicians at Kew Gardens. The festival began July 16 and featured dozens of performances at Woodbine Park and along a stretch of Queen Street East during its StreetFest event last week.

RICK EGLINTON/TORSTAR NEWS SERVICE

Alycia Santilli, right, a dance instructor with DLM Dance and entertainment company, is all smiles as she rehearses with members of her company yesterday at Yonge-Dundas Square for Youth Day.

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News in brief

Communion goes to dogs

RELIGION. St. Peter's Anglican Church has long been known as an open and inclusive place. So open, it seems, it won't turn anyone away. Not even a dog. That's how a blessed canine ended up receiving communion from interim priest Rev. Marguerite Rea, pictured, during a morning service in June. According to those in attendance at the Carlton Street church, it was a spontaneous gesture. But at least one parishioner saw the act as an affront to the rules and regulations of the Anglican Church. He filed a complaint with the reverend and with the Anglican Diocese of Toronto about the incident — and has since left the church.

TORSTAR NEWS SERVICE

Boy, 8, rescued from creek

BURLINGTON. An eight-year-old boy who fell into a creek swollen from Saturday's rains was rescued by his mother and sister. The boy reached into the water to grab a lost shoe and was swept away by the current, police say.

THE CANADIAN PRESS

Hearing held over in armed standoff

A bail hearing was adjourned until today for a 50-year-old man facing charges in connection with an armed standoff at a Kipling and Queensway-area restaurant.

Terrance McBurnie appeared in court Saturday, but the case was put over. Police surrounded a Swiss Chalet Friday afternoon after a man with a gun entered the restaurant. Customers and staff left the building, but a restaurant manager remained behind with the man. The standoff ended peacefully about three hours later.

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ADRIAN WYLD/THE CANADIAN PRESS

▶ Industry Minister Tony Clement is urging swimmers to be careful after he saved a woman from drowning this weekend near his Port Sydney home.

Tony Clement saves woman from drowning

Industry minister dives into dangerous waters to pull woman to safety ◐ Urges caution while swimming

Industry Minister Tony Clement is urging summer swimmers to be careful after he dove into a churning river to help rescue a drowning woman.

"It's great that people enjoy our lakes and our rivers, we're so blessed to have them, but people have to be careful," he told the Canadian Press yesterday.

The Parry Sound-Muskoka MP was having dinner at his Port Sydney home, about 200 kilometres north of Toronto, Saturday when he heard a frantic knocking at his door.

"We heard this banging," he said. "This young woman was hysterical, screaming that her friend was in the water and drowning."

"Know the water you're in. If you're not a strong swimmer, swim close to the shore line."
TONY CLEMENT, INDUSTRY MINISTER

Clement said he rushed to the Muskoka river that runs by his house while his wife and father-in-law grabbed life-jackets.

Once he arrived at the shore, Clement knew he had to act fast.

"I could see her head, and she wasn't moving, so that really frightened me, and so I dove right into the water," said Clement, who jumped in fully clothed in shorts and a T-shirt and was able to pull the woman to safety in spite of a heavy current and undertow.

Clement is now urging people to be very careful in unfamiliar waters.

"We have many drownings every year throughout Canada," he said. "Know the water you're in. If you're not a strong swimmer, swim close to the shore line, have life-jackets available."

There has been a nationwide spike in drownings this year. Just more than 200 people have drowned across the country since January.

THE CANADIAN PRESS

Flaherty defends Tory long-form census plan

Ask Canadians to fill out a long census form for the good of the country and they will rush to grab their blue or black ballpoint pens — at least that's how Finance Minister Jim Flaherty sees it.

"My experience with Canadians is that when you ask them to do something for the good of the country, they'll do it voluntarily," Flaherty told The Canadian Press over the weekend.

The finance minister is the latest member of the Tory cabinet to defend the Conservative government's decision to scrap the long census and replace it with an optional one.

Flaherty said he thinks census data can be collected voluntarily without being compromised.

Most people filled out the last census in 2006. Statistics Canada said the response rate was near or above 98 per cent in most places.

About 435,000 households were missed in the last census, the agency said. Of those, some 160,000 were supposed to fill out the long form.

Statistics Canada said collection agents weren't able to "make contact" with most of the unresponsive households.

The country's former chief statistician, Munir Sheikh, quit last week over the government's decision to make the long census optional.

The census forms the backbone of the federal government's policy work. Statistics Canada said 38 departments pay nearly $80 million for census data. **THE CANADIAN PRESS**

NATHAN DENETTE/THE CANADIAN PRESS

▶ Jim Flaherty

435K
The number of Canadian households that were missed in the last census. Statistics Canada says of those, 160,000 were supposed to fill out the long form.

BP chief will be replaced, says U.S. official

Gaffe-prone BP chief executive Tony Hayward — who incensed many on the Gulf Coast by saying he wanted his life back as they struggled with the fallout from the British company's massive oil spill — will be replaced, a senior U.S. government official said yesterday.

The official, who spoke on condition of anonymity because an official announcement had not yet been made, was briefed on the decision by a senior BP official late last week.

THE ASSOCIATED PRESS

Taliban: 1 U.S. soldier dead, other captured

The Taliban claimed yesterday they killed a U.S. sailor and kidnapped another as NATO forces ramped up a massive search for the servicemen, who went missing two days earlier in an area held by the militants.

The coalition force set up checkpoints and distributed fliers with the sailors' pictures and are offering thousands of dollars in rewards for their return. There were conflicting reports about whether the body of one of the two had been recovered.

U.S. and NATO officials confirmed two American Navy personnel went missing Friday in the eastern province of Logar, after an armoured sport utility vehicle was seen driving into a Taliban-held area.

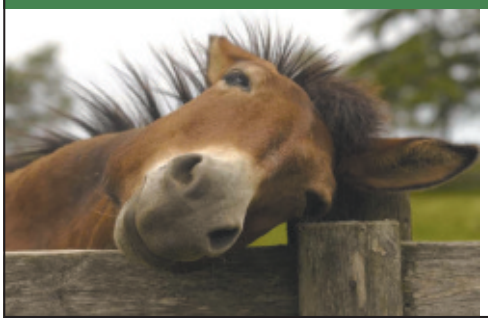
NATO officials were unable to say what they were doing in such a dangerous part of eastern Afghanistan.

Taliban spokesman Zabiullah Mujahid also said the pair drove into an area under insurgent control. He said they "are in the hands of the Taliban."

THE ASSOCIATED PRESS

"Healing hands" mark an ongoing memorial to Canadian medics in Afghanistan. Scan the code for more.

it's time for a time out



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Hootenanny Hay Days, July 30–Aug 2. Drayton Fair, Aug 6–8. Erin Rhythm & Ribs, Aug 14–15. For more information, visit:

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Putin sings a song with sleeper agents

Vladimir Putin says he met with the Russian spies who were expelled from the United States, joining them in singing an unofficial KGB anthem and promising them good jobs and a bright future back in their homeland.

Russia's prime minister said late Saturday he recently got together with the 10 sleeper agents, without saying when or where. The agents were deported from the U.S. earlier this month in the biggest spy scandal since the Cold War.

"We talked about life," Putin told reporters in Ukraine. "We sang What Motherland Begins With and other songs of that character."

What Motherland Begins With is a song from the 1968 television series about Soviet spies in Nazi Germany. The song is widely known as an unofficial anthem of Russian intelligence officers.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

▶ Vladimir Putin says he he promised a "bright" future to expelled Russian spies.

Putin, a former KGB officer who in the early 1980s worked in communist East Germany as a low-level functionary, spoke about the uneasy lives the secret agents had in the U.S., where they were caught by the FBI in U.S. cities and suburbs where they had been living for more than a decade.

THE ASSOCIATED PRESS

Quid pro quo

▶ **Swap** The 10 agents were deported in exchange for three former intelligence officers and a think-tank arms expert convicted and sentenced to long prison sentences in Russia. An 11th Russian spy escaped authorities in Cyprus and remains at large, and a 12th was deported from the United States in mid-July.

Police blame organizers for Love Parade deaths

▶ Cause of panic remains unclear ▶ Video footage shows festival-goers trying desperately to escape crowds ▶ Police dispute attendance estimates

Throngs of techno fans followed the floats, the dancers and the throbbing music to the festival venue: An old freight railway station that local media estimated could handle 300,000 people.

German media reported that as many as 1.4 million people showed up to the Love Parade, where a mass panic Saturday left 19 people crushed to death and 342 injured. Police blamed organizers and officials in Duisburg, an industrial city that gave the world's largest techno music festival a home after it was driven from Berlin because of noise and overcrowding.

Witnesses, however, blamed police and private security staff, saying the panic broke out after they closed the end of a tunnel — the only entrance to the festival grounds — when the venue became too full. Police denied that and said they actually opened a second exit to disperse the masses before the accident happened.

THE ASSOCIATED PRESS

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Germany's chancellor mourns

German Chancellor Angela Merkel voiced shock that an event meant to celebrate youth, peace and love could turn so deadly.

"The young people came to celebrate and instead there are dead and injured," Merkel said. "I am horrified by the suffering and the pain.

"I think we need an intense investigation now into how this happened," she said yesterday in Bayreuth, where she was attending the opening of the annual Wagner music festival. THE ASSOCIATED PRESS

FRANK AUGSTEIN/THE ASSOCIATED PRESS

▶ A woman places a candle yesterday at the accident site of the Love Parade in Duisburg, Germany.

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Journalist sets up scholarship

An Alberta journalist who was held prisoner in Somalia is never going back there, but the scholarship program she has set up for girls in the poverty-stricken country could bring change.

Amanda Lindhout said 11 young Somali women have been selected to go to one of six different institutions in the country. She hopes she will be able to raise enough money to have 100 women studying in four years' time.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Amanda Lindhout

Earnings season gets into high gear

RICHARD DREW/THE ASSOCIATED PRESS

▶ Specialists on the floor of the New York Stock Exchange watch results of the European banks stress tests Friday.

Investors will look at report details to gauge strength of market

Canadian corporate earnings will be under the microscope this week as investors determine whether the economic recovery is starting to lose steam, or if there's still reason to remain optimistic.

Some of the country's biggest companies are slated to report second-quarter results with much of the parade to start tomorrow.

First up are CGI Group Inc. and Teck Resources Ltd., while Wednesday will mark a diverse slate ranging from media company Torstar Corp. to mining giant Goldcorp Inc.

Analysts will be sifting through the details of the financial reports to find true signs of strength for the remainder of the year.

Revenue will be key for markets to gain sufficient optimism, suggested Juliette John, portfolio manager at Bissett Investment Management in Calgary.

She said in recent quarters, "earnings were very, very strong, but the revenue line continues to be a disappointment and a lot of the drivers for earnings growth have been cost-cutting."

U.S. companies began reporting second-quarter earnings about two weeks ago and the results have convinced investors that the economic recovery is proceeding.

"At some point the game is over, so to speak, in that there's only so many costs that can be cut, and we really do need to see some top-line momentum."
JULIETTE JOHN, PORTFOLIO MANAGER, BISSETT INVESTMENT MANAGEMENT

Still, some pessimism persists in Canada, particularly when it comes to whether the speed of the recovery will slow down into next year.

Scotia McLeod portfolio manager Steve Uzielli said that second-quarter results will likely be received positively, though it could also mark the "last decent growth quarter" this year.

"Our expectation is that earnings estimates for 2011 by analysts are too high, and are likely to be revised lower," he said.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
11,714.21 (Friday)	96.52¢ (Friday)	$78.98 US (Friday)	$4.580 (Friday)
			Gold contracts $1,187.80 (Friday)

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40	$14	$18	$27	$12	$15	$21
45	$18	$26	$38	$14	$18	$27
50	$17	$35	$60	$13	$26	$40
55	$25	$55	$93	$19	$38	$69
65	$63	$148	$291	$41	$96	$185

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GEORGE ORWELL SPARES SOME CHANGE

Urban Compass

CAROLYN MORRIS

Hubert sits on his walker in front of a downtown grocery store.

"Spare some change, buy a paper?" he calls out, holding an Outreach newspaper tucked behind a Tim Hortons cup. He's got bushy eyebrows and a mustache, more grey than brown, his weathered skin is wrinkled around his thin, 64-year-old frame. He smiles a lot — one of those toothless smiles of grandfathers after they've taken out their dentures.

"What can I get you today?" I ask. It's either milk or peanut butter. Always is.

"Well, I don't have any milk," he replies, and there's that smile. No need for details — I know he likes homogenized.

George Orwell once argued that begging was a job like any other. "Quite useless, of course — but, then, many reputable trades are quite useless," he wrote in Down And Out In Paris And London. While salespeople sell, and writers write, a beggar is simply a businessman, whose work involves standing outside in all kinds of weather, getting varicose veins and chronic bronchitis. (Hubert got pneumonia twice last winter.)

"While salespeople sell, and writers write, a beggar is simply a businessman, whose work involves standing outside in all kinds of weather, getting varicose veins and chronic bronchitis."

I've wondered why people who rip us off for a living often command respect. Or why those who collect funds for charitable causes are honoured, while others who fundraise for themselves are shunned.

"I think people realize I'm doing the best I can," says Hubert.

Alcohol put him on the street, but he's been clean for 15 years. He now lives in a rooming house, covering the rent with a regular cheque from the government. He can't get a "real" job because of his chronic seizures, among other things. So he sells the paper. Which is really just an excuse to beg.

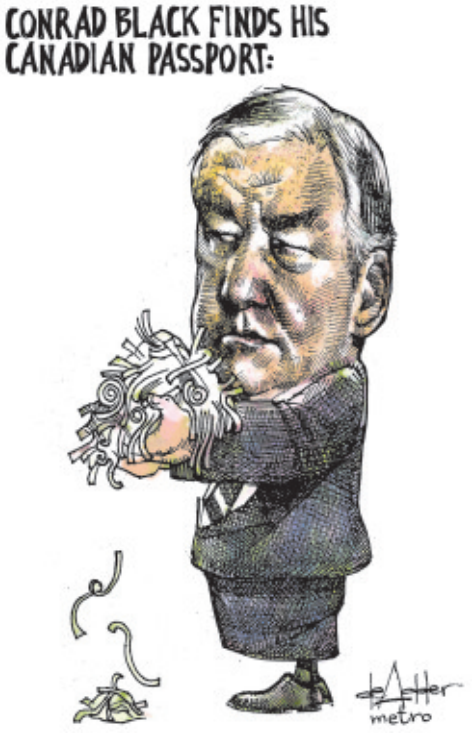
In the morning, Hubert is the "Good morning! man" at Yonge and King streets. One particular businessman stops to chat and gives him a $20 bill every Monday morning — a regular customer.

Now it's his afternoon shift outside the grocery store and Hubert is getting tired. Business is slow and he keeps looking up at the clock tower at Ryerson to see how much time is left.

Like every business person, Hubert has his marketing strategies. For a while, the store would close an entrance at 6 p.m. "I'd call out to the people and say, 'You can get in over here!' I'd get their attention," he explains, smiling, "and more money."

Cartoon

MICHAEL DE ADDER



Don't worry, be happy

Letters & Tweets

We asked: Finish this line: To be truly happy you must ... ?

TORONTO. Simply give more than you take — with people, the Earth — in every conceivable situation. You feel better, happier and that will brighten the days of those around you. Love more, be compassionate and learn the power of forgiveness ... it is a gift.
LORIANNE GLASSFORD

TORONTO. To be truly happy you must first experience true sadness, because only then can you really understand what it means to be happy. One cannot exist without the other. **SCHWARZER KREIG**

PARKSVILLE, B.C. The Conservative government believes Canadians want the freedom to choose how much of their private lives they want to share.

Remember the famous quip of then prime minister Pierre Elliott Trudeau when he told reporters the state has no place in the bedrooms of the nation? Why does Michael Ignatieff believe Canadians should be forced to divulge intimate, private details about their personal lives?

Most Canadians want their privacy protected. The government is taking action to protect them.
GERALD HALL

Turn the world on with a smile

CONTRIBUTED

What book would you like to see made into a movie?

Email
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Metro Minute with an apple soda

It's the Sprite of South America, but little known north of Mexico.

Yet, apple soda is an idea so obvious it's hard to believe it hasn't been occupying a shelf next to Coca-Cola for decades.

I mean Ontario ... apples ... makes sense, right?

Thankfully, the sweet, bubbly, amber nectar is available in select refrigerators around the city — you just have to know where to look.

A good bet would be any Latin American specialty food store.

Try Emporio Latino (Latin Emporium) smack in the middle of Kensington Market at 243 Augusta Ave. for your fix.
JORDANA DIVON

CONTRIBUTED

▶ Check out Emporio Latino for an apple soda.

Stars of latest superhero project present movie clip at Comic-Con ◆ Thousands of sci-fi and comic book fans greet Harrison Ford with standing ovation ◆ Many convention-goers camped out overnight to see exclusive clip of new Harry Potter movie

KEVIN WINTER/GETTY IMAGES

▶ Actor Ryan Reynolds, left, and actress Blake Lively speak onstage at the Green Lantern panel discussion during Comic-Con 2010 in Sand Diego over the weekend.

Stars stoke new Green Lantern at Comic-Con

Ryan Reynolds says he took the title role in Green Lantern to play a hero that can "throw a punch, tell a joke and kiss a girl."

The actor, along with castmates Blake Lively, Peter Sarsgaard and Mark Strong and director Martin Campbell, presented a clip from the film at Comic-Con Saturday for some 6,000 ecstatic fans, many of whom camped out overnight for a chance to see the presentation.

Campbell says the 3-D movie blends realistic action with humour and an otherworldly trip to the planet Oa, home of the Green Lanterns. He added that while the hero's costume is "a work in progress," his cinematic story is set: He is joined by his fellow Green Lanterns for a face-off against Parallax, whom Reynolds describes as "the physical manifestation of fear in our movie."

The clip showed Reynolds as Hal Jordan, who, after a fight with street thugs, takes the Green Lantern oath and uses his new powers to blow them away. Reynolds recited the oath for the Comic-Con crowd, which rewarded him with cheers.

The cast seemed to embrace the Comic-Con energy, and revealed which characters they'd dress up with if they could walk the convention floor. Reynolds would go as a Wookie because he likes to "be cute and dangerous." Lively would dress as Harry Potter and Sarsgaard would go as Captain America. Strong said he'd dress as his Green Lantern character, Sinestro.

Green Lantern opens in June.

THE ASSOCIATED PRESS

Going Green again

DC Comics chief Geoff Johns hinted that other Green Lantern films, and a Justice League movie, could follow: "The success of Green Lantern will lead the charge for everything DC does."

THE ASSOCIATED PRESS

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Ford gets standing ovation

It was as though Han Solo himself had stepped into the San Diego Convention Center.

Harrison Ford made a surprise appearance at Comic-Con Saturday, and the crowd of some 6,000 sci-fi and comic book fans greeted him with a sustained standing ovation unmatched by any other during this year's event.

Two security guards playfully brought him out in handcuffs.

The Star Wars hero smiled bashfully, seemingly moved by the warm welcome. THE ASSOCIATED PRESS

New Potter clip draws big crowd

Beloved boy wizard Harry Potter comes face to face with Voldemort in the first cinematic instalment of Harry Potter and the Deathly Hallows.

Actor Tom Felton shared an exclusive clip of the forthcoming film Saturday with about 6,000 convention-goers at Comic-Con. Many of them camped out overnight for a chance to see the footage.

THE ASSOCIATED PRESS

KEVIN WINTER/GETTY IMAGES

▶ Samuel L. Jackson

Avengers hit the stage

Comic book got the chance to see all their favourite superheroes in one place Saturday at Comic-Con.

Samuel L. Jackson surprised fans when he stepped out to introduce the cast of The Avengers.

Jackson brought out stars Clark Gregg, Scarlett Johannson, Chris Hemsworth of Thor and Chris Evans of Captain America.

THE ASSOCIATED PRESS

2 scene

News in brief

Veteran film and Broadway actor Alfred Molina is joining the cast of Law & Order: Los Angeles, which debuts this fall as the newest member of the NBC crime drama family.

Molina will play Deputy District Attorney Morales, said Dick Wolf, creator and executive producer of the series nicknamed LOLA that will air on Wednesday nights.

THE ASSOCIATED PRESS

Betty White enjoying newfound 'Hot' status

Levi to give acting a go

Bristol Palin's fiancé to star in music video **Plays lover who's girlfriend's mother thwarts romance**

Levi Johnston will make his music video debut as a lover whose romance is thwarted by his girlfriend's disapproving mother, according to a Universal Music Group record label and Johnston's attorney.

Johnston, 20, who is Bristol Palin's fiancé, has agreed to appear in the video with singer-songwriter Brittani Senser next month in Los Angeles.

The project is based on the song After Love by Senser, 26 — a sultry-looking R&B and pop performer from Minneapolis.

"He's looking forward to doing it," Rex Butler, Johnston's attorney in Anchorage, Alaska, said Friday. "It will give him an opportunity to act a little bit in front of a camera."

According to a written description of the video's storyline, the couple share tender moments before they are driven apart by the woman's mother.

Johnston recently become re-engaged to Palin, 19, daughter of former Republican vice-presidential candidate and Alaska governor Sarah Palin.

Bristol Palin, who has a toddler son with Johnston, has said her mother doesn't support the couple's marriage.

Johnston and Senser are scheduled to shoot the video on location in Los Angeles on Aug. 9.

The day before, the pair are scheduled to attend the Teen Choice Awards. Johnston went to the ceremony last year with comedian Kathy Griffin.

THE ASSOCIATED PRESS

▶ Levi Johnson is set to make his music video debut.

Celebrity tweets

Paris Hilton [@Paris Hilton] Having the time of my life in St. Tropez! Best summer ever!

Courtney Love [@CourtneyLoveUK] omg, I hate it there. I have an allergy to St. Tropez.

Rain Wilson [@rainwilson] Except for four or five people, I hope everyone in the world is having a great weekend.

Talking points

Eric Roberts enters rehab

PASADENA. Julia Roberts' brother Eric Roberts who was arrested in 1987 for cocaine possession has joined the cast of VH1's Celebrity Rehab and while at the Pasadena Recovery Center, he's sharing a room with cast-mate Jeremy London.

METRO

Did Oksana cheat on Mel?

MALIBU. Mel Gibson's estranged girlfriend Oksana Grigorieva may have started recording her calls with him after he angrily accused her of having an affair with her landscaper in February.

METRO

▶ Lohan

Lohan could be free within days

Originally sentenced to 90 days in jail, Lindsay Lohan will reportedly be out of prison before August.

After reviewing a petition submitted by Lohan's attorney, Judge Marsha Revel agreed to grant the troubled actress two days' credit for the time she was in custody, cutting Lohan's already reduced sentence to just 12 days.

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School reading lists feature books that often don't appeal to boys ◗ Parents, teachers need to be open to new concepts of literature to reach out to young males

Grossing out boys is the way to reach them

Can fart jokes save the reading souls of boys?

You better hope so.

Boys have lagged behind girls in reading achievement for more than 20 years, but the gender gap now exists in nearly every state in the U.S. and has widened to mammoth proportions — as much as 10 percentage points in some, according to the Center on Education Policy.

"It certainly should set off alarm bells," said the centre's director, Jack Jennings.

Parents of reluctant readers complain that boys are forced to stick to stuffy required school lists that exclude non-fiction or silly subjects, or have teachers who cater to higher achievers and girls. They're hoping books that exploit boys' love of bodily functions and gross-out humour can close the gap. The angst among parents, teachers and librarians has been met by a steady stream of sports and historical non-fiction, potty humour, bloodthirsty vampires and action-packed graphic novels, fantasy and sleuthing.

Adding online tie-ins or packaged prizes has publishers meeting young readers halfway.

Patrick Carman has gone a step further with his wicked creepy Skeleton Creek series. The books use password-protected websites to alternate book text and quick fixes of video. To follow the story, reading and watching online are both required.

THE ASSOCIATED PRESS

▶ Studys show that on average boys read less than girls. One solution is to find more books, comics and graphic novels that appeal to young males and gets them excited about reading.

Tap the potential of Comics for boy readers

Although often dismissed as light and "sub-literate" fare, comic books should be getting more respect from parents and educators who want to encourage boys to read, a new report suggests.

Surveys show that many educators consider comics unsuitable as reading material, says the report released Wednesday by the Canadian Council on Learning.

The article summarizes various findings from around the world and comes to the conclusion that comics and graphic novels are more than just funny books — they have untapped potential to improve literacy among young males.

"What we do know is a couple things," Jarrett Laughlin, a senior research analyst at the council, said in an interview.

"Young boys are generally less interested in reading and enjoy reading less than girls do, which has resulted over the last few decades in poorer achievement in reading for boys."

"(This) might be because their literature interests are not necessarily well represented in schools and-or in the home."

He noted that boys prefer to read fantasy, non-fiction and comic books. Three in four boys of elementary school age report reading comic books, compared to only 50 per cent of schoolgirls, he added.

The council's report said that lack of reading enjoyment can contribute to persistent reading difficulties and an increasing disparity between successful and struggling readers.

If struggling readers grow to adulthood without the problem being addressed, they can face consequences in their daily lives and in the workplace.

Laughlin said research suggests comic books can play a role in improving literacy for young boys —and educators are beginning to see them as a learning tool.

"They're supportive and helpful for beginning readers, they help improve reading development among second-language learners and those with reading difficulties, simply as that extra illustration helps provide those contextual clues when children are learning to read."

THE CANADIAN PRESS

3 life

Recommendations

In terms of reading material to get boys started, the Canadian Council on Learning asked the Toronto comic shop The Beguiling to offer some graphic novel and comic book suggestions for young readers. Here are the recommendations:

- Melvin Monster by John Stanley. Follows the adventures of Melvin, a young monster.
- Bone by Jeff Smith. The series follows the journey of the Bone cousins, who are separated from each other.

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What's a parent to do when teens want piercings or tattoos and you're opposed?

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Bringing home the bacon

It's considered a health hazard. So what's a bacon lover to do? Read the labels and try poultry-based bacons A little bacon goes a long way

LARRY CROWE/THE ASSOCIATED PRESS

▶ Double Chicken Club With Saffron Aioli.

This double chicken club sandwich with saffron aioli makes a great packed lunch or light supper for a busy school night. It has a sophisticated flavour adults will love, but can easily be tailored to younger tastes by using lettuce rather than arugula and subbing plain mayo for the saffron aioli.

Ingredients :

- Pinch of saffron threads, crumbled (4 to 5 threads)
- 10 ml (2 tsp) warm water
- 125 ml (1/2 cup) reduced-fat mayonnaise
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) minced garlic
- Ground black pepper, to taste
- 170 g (6 oz) chicken or turkey bacon
- 8 slices whole-grain sandwich bread
- 250 g (8 oz) sliced cooked chicken breast
- 500 ml (2 cups) arugula or leaf lettuce
- 1 large tomato, sliced
- 1/2 small avocado, sliced (optional)

Preparation:

1. In a small bowl, combine saffron and warm water. Let stand for 5 minutes.
2. In a blender or mini food processor, combine saffron mixture, mayonnaise, lemon juice, mustard and garlic, then blend until smooth. Season with pepper. Set aside. The aioli can be stored, covered, in the refrigerator, for up to 1 week.
3. Cook chicken bacon according to package instructions. Toast bread.
4. To assemble sandwiches, spread some of the saffron aioli on each piece of toast. Divide bacon, sliced chicken breast, arugula, tomato and avocado (if using) among 4 slices of toast; top with remaining toast.

THE ASSOCIATED PRESS

Superfood: Spinach

Spinach, yes the leafy green stuff you shove to the side of your plate with your fork (the burger waiting seems so much yummier right now) — well this green is bursting with the yellow anti oxidant pigment, Lutein. A daily intake of 10 mg is thought to help better perception of contrasts and resistance to glare. 100g a day should keep you dewy and bright eyed. Beats eyedrops any day.

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Keeping your cash cool

How you can beat the heat, without breaking the bank

BEN KNIGHT
GREEN@METRONEWS.CA

▶ There are plenty of ways to keep cool without forking over cash.

Many people think energy conservation goes out the window during a heat wave.

The temperature soars, and all the air conditioners work overtime.

Almost all of Canada was gripped by sweltering, sluggish weather recently, and likely will be again before the summer ends.

So here are some expert tips on beating the heat — without breaking the bank.

Strategic air conditioner use

"In my home, we close the vents in the basement because it is typically cooler there anyway," says Dave Walton, director of home ideas for Direct Energy.

"In a two-storey home, most people get a warm spot upstairs because cold air falls down. So by limiting the number of vents that are open, in rooms where you don't really need the air conditioning flowing, that will encourage the flow of the cold air up to the top floor."

He also recommends using a programmable thermostat, which can let your home warm up when you're out, reactivating the A.C. before you return.

Blinds and curtains

"Use your shading and drapes strategically, so the sides of your home that get direct sunlight are protected," recommends Simi Heer, a Power Smart spokesperson at BC Hydro.

"Drapes can block up to 65 per cent of the heat that would otherwise enter your home. If you want, you can even take it a step farther and install an external shade screen on the outside of your window. This will block up to 95 per cent of the heat."

Home Energy Assessments

"These inspections give your a home energy-efficiency rating," Walton says.

"The auditor can show you where all the air leaks are in your home — through windows, the underside of doors, things like that. The real value here is homeowners get a customized energy-efficiency report for their homes. This gives them the opportunity to make changes and improvements."

The assessment may make you eligible for government energy rebates, as well.

You can find out more at oee.nrcan.gc.ca

Know your city

▶ **The thermometer says:** Ontario and Manitoba were hit by Canada's deadliest heat wave in the sweltering summer of 1936. According to Environment Canada, temperatures soared to a searing 44 C degrees, and stayed abnormally high for two full weeks. In the scorching grip of these oppressive conditions, rail lines twisted, crops failed — and 1,180 Canadians died.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

DON'T FLUSH AWAY YOUR OLD MEDICATIONS

QUESTION:
What's the best way to get rid of old medications?
Alex, Edmonton, Alta.

The next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either. The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our drinking water.

And you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens?
Julia, Halifax, N. S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben.

All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided.

To choose a safer brand check this sunscreen guide. hewg.org/2010sunscreen/

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Please see Terms and Conditions for each participant at ttc.ca under Fares and Passes.
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Help ID your expertise, talents in career search

Ottawa midlife coach Vickie Townson of Life's New Chapter Coaching has a skills inventory to help individuals identify their expertise and talents from their professional career and other areas of their lives.

Complete the following questions to uncover your skills, talents and expertise. Once completed, choose those you wish to use in your ideal career.

Current Career

• What abilities and expertise are involved in your current career?

• Describe your current position and outline your responsibilities.

• What personal qualities and attributes enhance your performance?

• What natural gifts and talents do you bring to the job?

• What positive feedback have you received that highlights your abilities?

• Consider: communication, computer, management, leadership, technical, people, organizational, planning, marketing, promotional, financial, training, and analytical skills.

Education and Training

You have skills and expertise from your earlier education. No doubt, you have had additional training and professional development since then.

• What courses have you taken?

• What additional training have you participated in?

• What are your skills and expertise from education and training?

Hobbies and Creative Projects

Your hobbies and creative projects are a showcase for your natural gifts and talents — talents you may take for granted.

• What hobbies do you enjoy?

• What artistic or creative projects have you been involved in?

• What skills and talents were used?

• Consider: writing, painting, drawings, singing, music, woodworking, sculpting, sewing, knitting, gardening and outdoor activities. THE CANADIAN PRESS

Switch it up midway through your career?

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Rosemary Thompson was a veteran journalist who worked for years with CTV News before deciding to take on her current job with the National Arts Centre as director of communications and public affairs.

Individuals seeking mid-career change can dive into new professions

Rosemary Thompson has been on the front lines covering some of the biggest news stories in recent memory from the Quebec referendum to the Sept. 11 attacks.

But after 22 years, the veteran journalist, who has posed questions to countless newsmakers, turned the tables and asked a key one of herself when it came to her career: "What's next?" She had just adopted a daughter, Jasmine, three years ago and the award-winning reporter said as much as she loved her work, she desired a little more flexibility in her life.

Last year, she stepped away from her position with CTV to take on a new role as director of communications at the National Arts Centre.

"Journalism is an all-consuming passion and you have to give it everything ... I thought it was time for me to have little bit more control so that I can be around for this little girl's childhood."

ROSEMARY THOMPSON

Career coaching

- Career coach Michele Waters with Career Quest Coaching in Victoria said the desire for change may stem from the current environment causing frustration or burnout, feelings of a lack of reward, or perhaps someone has simply been at a place for too long and needs to switch things up. Many are simply looking for new challenges.

For individuals contemplating a mid-career change, experts say there are many questions that need to be addressed before taking the leap.

Vickie Townson was nearing 50 and working as a law clerk when she said she wanted to do something that makes a difference in people's lives. She is now a midlife coach with Life's New Chapter Coaching in Ottawa.

She talks to clients about what is prompting the change, and asks them to describe their ideal careers. Though sometimes they don't have to change companies, Townson noted. Sometimes they do, it's all about the decision that makes sense to them. THE CANADIAN PRESS

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News in brief

Canada good at getting degrees

EDUCATION According to a new report from the College Board, Canada is now the world leader in higher education among young adults, with 55.8 per cent of 25- to 34-year-olds holding a post-secondary degree as of 2007, the year of the latest international ranking. The U.S. has dropped from first to 12th place in the share of young adults with an associate degree or higher. When older adults are added to the equation, the Russian Federation leads with 54 per cent of 25- to 64-year-olds with a post-secondary degree in 2007, followed by Canada with 48.3 per cent. The U.S. places sixth with 40.3 per cent. METRO NEWS SERVICES

UVic apps up

EDUCATION It's a bit tougher this year for prospective first-year students to qualify for admission to the University of Victoria, reports a local radio station. Applications are up over last year, which means the cut-off will be higher, perhaps requiring a 75 per cent average for students coming directly out of high school, up from the low 70s last year. Undergraduate applications to the university are up about 2.5 per cent, while graduate applications have risen by 7 per cent. UVic's law school has seen a whopping 30 per cent increase in applications. METRO NEWS SERVICES

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Remuneration is governed by regulation. Current fees for an election period are approximately $21,500. The hourly rate for special assignments between elections (approximately 200 hours per year) is $45.32 per hour. These rates are subject to annual review.

Visit Elections Canada's Web site at www.elections.ca. Click on "Returning Officer" to download the application form, the job description and other relevant documents. For more information or for a copy of these documents, you may also call 1-800-463-6868.

Applications must be received by midnight on Wednesday, August 4, 2010.

Cette offre d'emploi est également disponible en français à www.elections.ca.

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News in brief

Youth funding withdrawal criticized

EDUCATION The federal government recently announced its intention to cancel funding for the Youth in Transition Survey, National Longitudinal Survey on Children and Youth, the National Apprenticeship Survey, and the Program for International Student Assessment, a move the Canadian Federation of Students argues will make it all but impossible to make informed education policy. "The government's misguided assault on student-focused research will leave policy makers shooting in the dark," says CFS's national chairperson. Without the information provided by these surveys, the CFS states, policy makers will not be able to determine what is working or identify necessary changes to make students in Canada internationally competitive. **CFS NEWS RELEASE**

ACAD appoints new president

EDUCATION The Alberta College of Art + Design announced last week the appointment of Dr. Daniel Doz as the institution's new president and CEO, effective August 23. Doz will come to ACAD from Ryerson University, where he has served as dean of the communication and design faculty. During his tenure at Ryerson, Doz was actively involved in major university capital projects, such as the Ryerson Gallery and Research Centre, the Student Learning Centre, and the university's master plan. Born in Montreal and raised in France, Doz has a doctorate from the Université de Paris VIII, and is licensed as an architect by the French government. **ACAD NEWS RELEASE**

U.S. students warming up to a gap year

EDUCATION The option of taking a gap year between high school and post-secondary has gained popularity in the U.S. in recent years as college admissions have become fiercely competitive. While there is no data on how many Americans take a gap year, some admissions dean say they are seeing a rise this year following more publicity about the benefits of deferring enrolment. Vermont-based Middlebury College, for example, just started including a paragraph in its admission letter urging students to visit a new website about the merits of a gap year. **METRO NEWS SERVICES**

MUN wins award for admissions

EDUCATION The Canadian Association for Graduate Studies and the Educational Testing Service has honoured Memorial University's School of Graduate Studies for its contribution in graduation admissions practices. The school won the inaugural CAGS/ETS Award for Excellence and Innovation in Graduate Admission. **METRO NEWS SERVICES**

The classroom revolution is here

This year, far more university classrooms will be 'captured' for online streaming video than ever — allowing students to view lectures from home

BRUCE WALSH
METRO WORLD NEWS

The need to attend class may be waning with the spreading class capturing practices.

"Right now this technology is rooted in higher education and, especially, highly technical education like medical schools and engineering schools where students are asked to memorize a lot of rote information," says Andy Petroski, director of learning technologies at Harrisburg University of Science and Technology in Harrisburg, Pa. "In those settings, if you miss 30 seconds of a class, you may have missed quite a bit of content."

At least two companies — Sonic Foundry and McGraw-Hill — are pushing hard for class capture to become ubiquitous in university classrooms, especially because licensing of the software is on a per-course basis, creating a potential boon. A number of delicate issues surround the larger implementation of class capture, including intellectual property rights of professors, along with fears of heightened scrutiny.

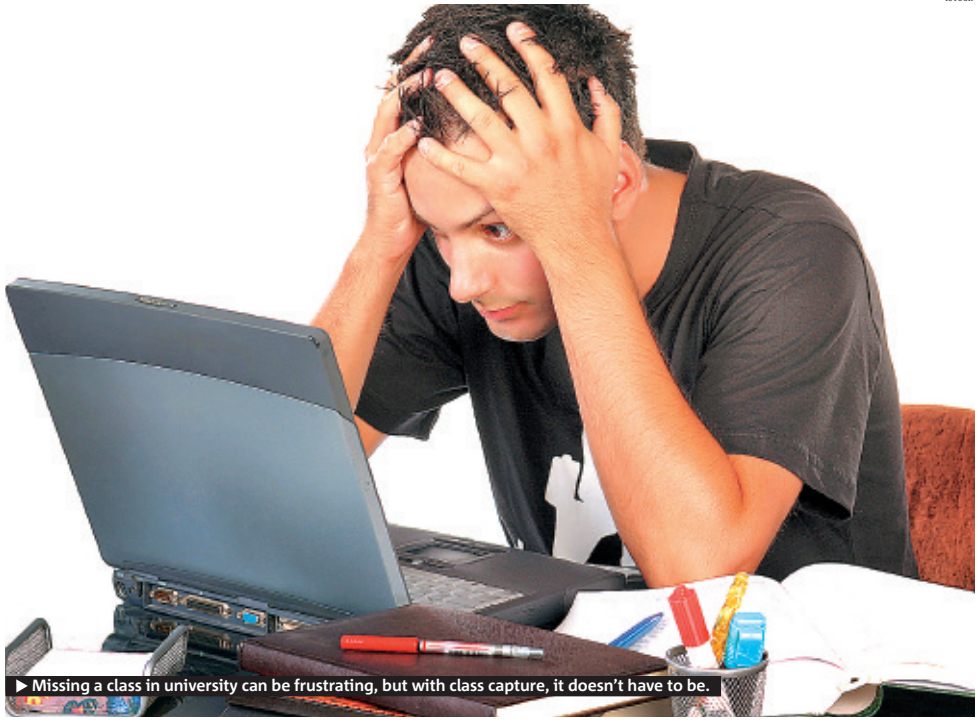
"If you're using class capture, you have to be aware that what you say in class can be played back.

You do have to think a little more about the content, not only because of the (added scrutiny), but you also have to create more visuals on the screen," says David Schuff, associate professor of management information systems at Temple University in Philadelphia.

Capturing class

- Class capture is the ability to record either the audio and/or video of a class session and deliver that recording in a digital format.
- "The fact that we went from one (class-capture) classroom in 2006, to 73 this year, tells you something about how popular it is," says Lev Gonick, chief information officer at Case Western Reserve University in Cleveland.

ISTOCK



▶ Missing a class in university can be frustrating, but with class capture, it doesn't have to be.

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Tour de force as Contador wins

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Alberto Contador takes a victory lap yesterday.

Alberto Contador won his third Tour de France in four years yesterday, heralding the arrival of a new cycling superstar as seven-time champion Lance Armstrong competed in the race for the last time.

The 27-year-old Spaniard sealed the win by holding off a dramatic challenge from his main rival, Andy Schleck of Luxembourg, in Saturday's individual time trial.

"I'm very happy," said Contador, before hoisting the victor's cup with the Arc de Triomphe in the background.

"At times I had difficulty from a psychological and physical standpoint."

After 3,642 kilometres and three weeks of racing over mountains, cobblestones and flats in the Netherlands, Belgium and France, Schleck finished 39 seconds back in second place.

Victoria's Ryder Hesjedal, moving up one spot in Saturday's time trial, finished seventh overall for Canada's best showing since Steve Bauer's fourth in 1988.

Hesjedal started the race as a support rider for Garmin-Transitions star Christian Vande Velde, but took the initiative after the injured American had to withdraw after two stages.

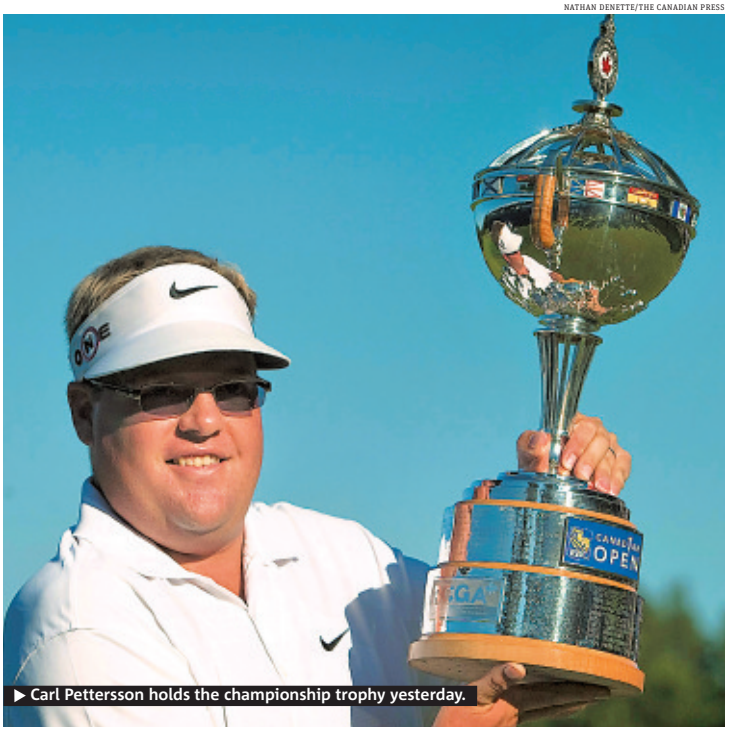
Toronto's Michael Barry, a support rider for Team Sky star Bradley Wiggins, finished 99th overall.

THE ASSOCIATED PRESS

Record round helps Swede take Open

Pettersson shot a 60 Saturday on way to victory Wilson finishes second after losing four-stroke lead

NATHAN DENETTE/THE CANADIAN PRESS



▶ Carl Pettersson holds the championship trophy yesterday.

After narrowly missing out on a 59 at the RBC Canadian Open, Carl Pettersson got something even better — a victory.

The Swede closed with a 3-under 67 to pull out a one-shot win over Dean Wilson at St. George's Golf and Country Club.

Pettersson got into contention with a course-record 60 Saturday morning and made enough birdies down the stretch yesterday to earn his fourth career PGA Tour victory.

After starting the day four shots behind Wilson, he turned the heat up by making consecutive birdies at Nos. 13-15 and cruised home from there.

The victory was worth $918,000 US.

Pettersson was having an average week until Saturday morning. He just made the cut, but shot up the leaderboard with a record-setting round that saw him narrowly miss a 30-foot putt on No. 18 to shoot 59.

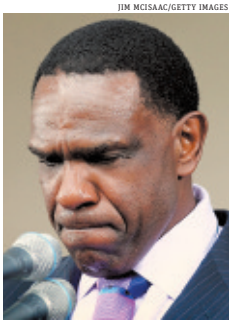
When he returned to the same green yesterday, he had enough of a cushion to three-putt from 60 feet. Pettersson raised his right arm in triumph after earning his first victory since the 2008 Wyndham Championship.

THE CANADIAN PRESS

37 The low Canadian was 22-year-old Adam Hadwin of Abbotsford, B.C., who birdied the final two holes at his first PGA Tour event to shoot 71 and tie for 37th.

Dawson enters Hall of Fame

JIM MCISAAC/GETTY IMAGES



Former Montreal Expo star Andre Dawson was inducted into the Baseball Hall of Fame yesterday.

The 56-year-old Dawson, an all-star eight times, is the 203rd player to make the Hall of Fame.

Dawson, who also played for the Cubs, Boston and Florida, had 438 homers, 2,774 hits, 1,591 RBIs and 314 stolen bases in his 21-year major league career.

Dawson poked fun at several Hall of Famers before getting serious, warning players not to be lured to the dark side of using performance-enhancing drugs.

Former umpire Doug Harvey and manager Whitey Herzog also entered the Hall. THE ASSOCIATED PRESS

3 Dawson is one of only three major league players to hit 400 homers and steal more than 300 bases.

Sports in brief

Angels land Haren in trade

MLB. The Arizona Diamondbacks have traded right-hander Dan Haren to the Los Angeles Angels for three pitchers and a player to be named.

The Diamondbacks get left-hander Joe Saunders and right-hander Rafael Rodriguez, along with minor leaguer Patrick Corbin.

Ravens' top pick injured

NFL. Baltimore Ravens top draft pick Sergio Kindle hurt his head in a fall in Texas, a mishap that will prevent him from reporting to camp today.

It is believed the linebacker fell down two flights of stairs.

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 Golden Moka won the $500,000 Prince of Wales Stakes.

2 Daytona 500 winner Jamie McMurray won The Brickyard 400.

3 Orlando Hudson was placed on the 15-day disabled list by the Minnesota Twins.

THE ASSOCIATED PRESS

Scan code for more news

Jays, Tigers split doubleheader

Detroit dropped first game, rallied to win second Overbay was hero for Jays in opener

	TORONTO	DETROIT
	5	6

Ryan Raburn's three-run double in the eighth inning capped a four-run rally that carried the injury-depleted Detroit Tigers to a 6-5 victory over the Toronto Blue Jays and a split of their day-night doubleheader yesterday.

In the opener, Lyle Overbay hit a two-run homer with two outs in the ninth inning to snap a tie and send Toronto to a 5-3 win.

Miguel Cabrera hit an RBI double into the right-field corner off Jason Frasor (3-3) with one out in the eighth inning of the nightcap, cutting Detroit's deficit to 4-3.

It scored Austin Jackson, who led off with a single, and sent pinch-hitter Ramon Santiago, who was hit by a pitch, to third.

Brennan Boesch was intentionally walked to load the bases and Raburn ripped Frasor's pitch into left-centre.

Phil Coke (6-1) pitched an inning of scoreless relief to get the win. Jose Valverde allowed Dewayne Wise's home run leading off the ninth but earned his 21st save in 22 chances.

Toronto's Jesse Litsch allowed two runs and five hits in 5⅓ innings.

Detroit's Jeremy Bonderman gave up four runs and eight hits in 5⅓ innings, striking out six.

THE ASSOCIATED PRESS

CARLOS OSORIO/THE ASSOCIATED PRESS

▶ Jeremy Bonderman throws a pitch yesterday.

Penalty lets Dixon win Edmonton Indy

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Scott Dixon

Scott Dixon won a controversial Honda Edmonton Indy after driver Helio Castroneves crossed the finish line first, but was penalized for blocking his teammate.

An enraged Castroneves, who ended up 10th, stormed from his car after the race to yell at IndyCar officials.

Castroneves took the lead from Team Penske teammate Will Power with 18 laps to go in the 95-lap race, but was called for blocking Power when Power tried to pass him on a restart with two laps to go.

With Power blocked by Castroneves, Dixon stormed past him to take second place as the checkered flag came out.

Toronto's Paul Tracy was the top Canadian, starting 15th in the 25-car grid and finishing 6th. Alex Tagliani of Lachenaie, Que., started 19th but spun out and crashed to finish 23rd.

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Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	62	35	.639	-
TAMPA BAY	59	38	.608	3
BOSTON	55	44	.556	8
TORONTO	50	49	.505	13
BALTIMORE	31	67	.316	31.5

AL CENTRAL

	W	L	Pct	GB
CHICAGO	53	44	.546	-
MINNESOTA	53	46	.535	1
DETROIT	51	46	.526	2
KANSAS CITY	42	56	.429	11.5
CLEVELAND	41	57	.418	12.5

AL WEST

	W	L	Pct	GB
TEXAS	57	41	.582	-
LOS ANGELES	52	48	.520	6
OAKLAND	50	48	.510	7
SEATTLE	39	60	.394	18.5

Yesterday's AL results

Toronto 5 Detroit 3 (1st gm)
Detroit 6 Toronto 5 (2nd gm)
Minnesota 10 Baltimore 4
N.Y. Yankees 12 Kansas City 6
Oakland 6 Chicago White Sox 4
Seattle 4 Boston 2
Tampa Bay 4 Cleveland 2
L.A. Angels at Texas

Today's AL games

N.Y. Yankees at Cleveland, 7:05 p.m.
Baltimore at Toronto, 7:07 p.m.
Detroit at Tampa Bay, 7:10 p.m.
Minnesota at Kansas City, 8:10 p.m.
Seattle at Chicago White Sox, 8:10 p.m.
Boston at L.A. Angels, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	57	41	.582	-
PHILADELPHIA	52	46	.531	5
NEW YORK	50	49	.505	7.5
FLORIDA	49	49	.500	8
WASHINGTON	42	57	.424	15.5

NL CENTRAL

	W	L	Pct	GB
ST. LOUIS	54	44	.551	-
CINCINNATI	55	45	.550	-
MILWAUKEE	47	53	.470	8
CHICAGO	45	53	.459	9
HOUSTON	40	58	.408	14
PITTSBURGH	34	64	.347	20

NL WEST

	W	L	Pct	GB
SAN DIEGO	58	39	.598	-
SAN FRANCISCO	56	43	.566	3
LOS ANGELES	53	46	.535	6
COLORADO	51	47	.520	7.5
ARIZONA	37	62	.374	22

Yesterday's NL games

Florida 5 Atlanta 4 (11 ings)
Houston 4 Cincinnati 0
L.A. Dodgers 1 N.Y. Mets 0
Milwaukee 8 Washington 3
Philadelphia 4 Colorado 3
San Diego 6 Pittsburgh 3
San Francisco 3 Arizona 2 (10 ings)
St. Louis at Chicago Cubs

Today's NL games

Colorado at Philadelphia, 1:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Cincinnati at Milwaukee, 8:10 p.m.
Florida at San Francisco, 10:15 p.m.

JAYS SUNDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
WISE LF	4	0	0	0	0	1	.239
Y.ESCOBAR SS	4	0	2	0	0	0	.414
J.BAUTISTA RF	4	0	1	0	0	1	.239
V.WELLS CF	4	2	2	1	0	1	.272
LIND DH	4	0	1	0	0	2	.216
A.HILL 2B	4	0	0	0	0	1	.198
OVERBAY 1B	4	1	1	2	0	1	.251
ENCARNACION 3B	4	1	1	0	0	1	.242
J.MOLINA C	3	1	1	2	0		0.274
TOTALS	**35**	**5**	**9**	**5**	**0**	**8**	

DETROIT	AB	R	H	BI	BB	SO	AVG.
A.JACKSON CF	5	2	3	0	0	1	.316
SANTIAGO 2B	3	0	1	0	1	1	.273
RABURN LF	4	0	1	1	0	0	.204
MI.CABRERA DH	3	0	1	1	1	2	.349
BOESCH RF	3	0	0	0	1	0	.309
S.SIZEMORE 3B	4	0	0	0	0	1	.196
LARISH 1B	4	0	1	0	0	2	.250
LAIRD C	3	0	0	0	0	0	.185
A-RHYMES PH	1	0	0	0	0	1	.000
WORTH SS	3	1	1	1	0	1	.264
B-DAMON PH	1	0	0	0	0	0	.279
TOTALS	**34**	**3**	**8**	**3**	**3**	**9**	

TORONTO	IP	H	R	ER	BB	SO
CECIL	7	6	2	2	1	6
CAMP BS,2-3	⅓	2	1	1	1	0
S.DOWNS W,4-5	⅓	0	0	0	1	2
GREGG S,23-27	1	0	0	0	0	1

DETROIT	IP	H	R	ER	BB	SO
GALARRAGA	7	6	3	3	0	5
WEINHARDT	1	1	0	0	0	0
VALVERDE L,1-2	1	2	2	2	0	3

CANADIAN OPEN

Final scores and winnings

Carl Pettersson, $918,000 71-68-60-67-266
Dean Wilson, $550,800 65-65-65-72-267
Luke Donald, $346,800 69-66-67-66-268
Michael Letzig, $165,750 66-70-69-65-270
Greg Chalmers, $165,750 66-69-70-65-270
Charley Hoffman, $165,750 65-71-69-65-270
Charlie Wi, $165,750 69-68-67-66-270
Matt Kuchar, $165,750 70-67-66-67-270
Jeff Quinney, $165,750 71-66-64-69-270
Bryce Molder, $165,750 70-67-63-70-270
Bob Estes, $165,750 66-67-66-71-270
Tim Clark, $165,750 66-64-69-71-270
Steve Wheatcroft, $95,625 65-66-73-67-271
Kevin Na, $95,625 67-67-68-69-271
Brendon de Jonge, $95,625 69-67-66-69-271
Trevor Immelman, $95,625 67-68-65-71-271
David Duval, $66,737 68-67-72-65-272
Jimmy Walker, $66,737 65-73-68-66-272
Kirk Triplett (51), $66,737 71-67-67-67-272
Matt Bettencourt (51), $66,737 70-65-68-69-272

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	4	3	1	0	137	103	6
TORONTO	4	3	1	0	103	108	6
WINNIPEG	4	2	2	0	137	114	4
HAMILTON	4	1	3	0	93	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	4	3	1	0	135	129	6
CALGARY	4	3	1	0	117	85	6
B.C.	4	1	3	0	75	87	2
EDMONTON	4	0	4	0	74	129	0

Saturday's results

Calgary 40 Saskatchewan 20
Winnipeg 47 Edmonton 21

Friday's results

Toronto 24 B.C. 20

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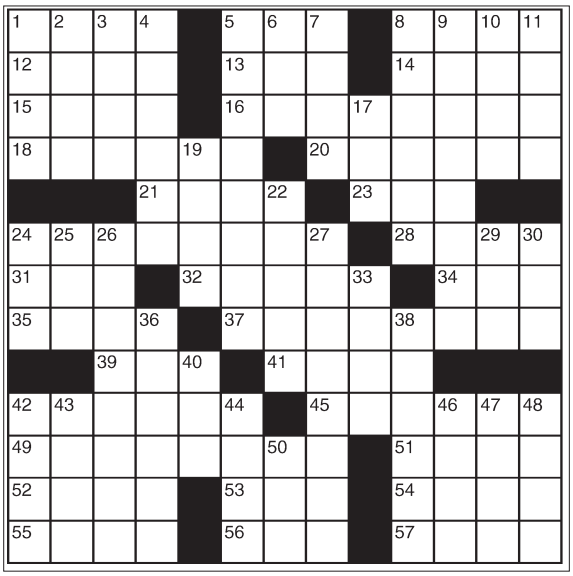
Crossword

Across

1 On the rocks
5 Periodical, for short
8 Pro —
12 Noted woman
13 Hostel
14 Individuals
15 —The Red
16 Recover quickly
18 Tie on
20 Values
21 "— the word!"
23 Homer's interjection
24 Abscond after release from jail
28 Bigfoot's cousin
31 Man-mouse link
32 These (Sp.)
34 Chaps
35 — -edged (top-quality)
37 Whale variety
39 Father
41 Lima's country
42 Hi-fi hookup
45 Public lecture hall
49 Neve or Naomi
51 "South Park" kid
52 Sandwich cookie
53 Can. neighbour
54 Fasting period
55 Frayed
56 Bear hair
57 Historic times

Down

1 Notion
2 Wagon
3 Send out
4 Leave suddenly
5 Olio
6 Raggedy —
7 Chew on
8 Whiskey cocktail
9 Curse
10 PC expert
11 Requests



17 Pea holder
19 Rubik's baffler
22 Don't slouch
24 Trot
25 Mentalist Geller
26 Seasickness
27 Arranged in thin layers
29 Sleuth, for short
30 Press coverage
33 Agile
36 Fisherman's catch
38 Belt holder
40 Society newcomer
42 Garbage barge
43 Poi base
44 Egg (Fr.)
46 Watchful one
47 Arm bone
48 Citi Field team
50 Baton Rouge sch.

▶ Yesterday's answer

E	P	S		B	U	L	B		H	O	B	O
B	O	T		E	P	E	E		A	F	A	R
B	R	A	I	N	P	A	N		S	T	A	B
S	T	R	O	D	E		E	A	T			
			W	E	D		F	R	Y	P	A	N
N	O	M	A	D		J	I	M		O	D	E
E	L	A	N		C	U	T		S	L	O	W
A	L	L		W	A	G		G	H	O	S	T
T	A	I	P	A	N		U	R	I			
			E	R	A		T	E	R	E	S	A
I	D	E	A		P	E	T	E	R	P	A	N
S	Y	N	C		E	V	E	N		I	R	E
M	E	S	H		S	E	R	E		C	A	W

Sudoku

7		1				4		6
3		8		7		1		2
			5		4			
		9	1		3	8		
		5	6		2	9		
			3		1			
1		2		6		5		3
9		4				7		1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	9	4	1	7	6	2	5
4	7	5	8	6	2	9	1	3
1	6	2	9	3	5	8	4	7
8	5	4	3	7	1	2	9	6
6	2	7	5	9	4	3	8	1
9	1	3	2	8	6	7	5	4
5	9	8	7	4	3	1	6	2
2	3	1	6	5	8	4	7	9
7	4	6	1	2	9	5	3	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Angel, I love you so much. I know we fight a lot about the silliest things, but I promise you, I will always love you. Forever and always **TRISTAN**

To my little "Elligator", My little lady. The moments we have shared together have meant the world to me. Your smile and clever words always bring joy to my days. Many more moments to come. Always on my mind. The moon is ours. **CEDRICK "MOTH" FOLEY**

Sam, I really hope you get better soon, I hope that you feel better, after you are fully recovered from your car accident. You're my one true love, now and always. **LOVE JOHN**

Raven: Happy Birthday sweetie! I look forward to a lifetime of birthdays with you. You have made me the happiest woman alive. I love you so much. Love **YOUR DRAGON**

The Weather Network ©The Weather Network 2010
Today Mainly sunny 28° / 17°
Tuesday Partly cloudy 28° / 19°
Wednesday Showers 40% 30° / 18°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 19 Your desire to get things done has rarely been higher and today's full moon will inspire you to try harder than ever, but don't overdo it. Jupiter in your sign warns you could go over the top in more ways than one.

♉ Taurus April 20-May 21 A Sun-Jupiter aspect coupled with the full moon will help you get more out of life, but don't go to extremes and give others the impression you want to take over the world.

♊ Gemini May 22-June 21 The good times just keep getting better and with the Sun and Jupiter firmly on your side as the new week begins you are largely free to do as you please without fear of the consequences – within reason, of course.

♋ Cancer June 22-July 22 Watch out you don't get emotional about things that don't really matter. It's unlikely that anything really bad will happen if you do but you may feel a bit silly later when you realize how far you went over the top.

♌ Leo July 23-Aug.23 The Sun in your sign allied to Jupiter will boost your energy and help you get a great many things done over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 The cosmic powers are smiling on you now and one way or another your efforts will be recognized and rewarded over the next few days. However, you must not – repeat, not – take on any new responsibilities. You're doing enough.

♎ Libra Sept. 23-Oct. 23 A perfect link between the Sun and Jupiter means that Lady Luck is smiling on you, and friendships and relationships will be especially productive over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 It's not often you reveal how you are feeling deep inside but the full moon will encourage you to do just that.

♐ Sagittarius Nov. 23-Dec. 21 Your confidence is sky high at the moment and no matter what challenges come your way over the next few days you will handle them with ease. Save yourself for the big stuff though.

♑ Capricorn Dec. 22-Jan. 20 You tend to spend a lot of time weighing up the pros and cons before taking action but in one particular area you will move super fast today.

♒ Aquarius Jan. 21-Feb. 18 Today's full moon in your sign will bring a few doubts about what you are doing.

♓ Pisces Feb. 19-March 20 You may prefer to steer clear of the limelight but it's unlikely you will get the choice today as events beyond your control thrust you into the spotlight.

SALLY BROMPTON

Caption contest

MATTHIAS RIETSCHEL/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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ADVERTISING FEATURE

Product Hailed by Doctors as the Solution to Bloating, Constipation and Weight Gain.

Doctor formulated, all-natural product has changed the lives of people throughout North America. Dr. Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Get in shape for summer, each customer is limited to 5 Detox Packages.

Spring is here! Lose weight and get healthy: This week only. Get doctor formulated detox system for 50% off.

Stephanie Charron
Health & Lifestyle

If you're like me, food is my best and worst friend. It's always there to comfort me and bring a smile to my face, but it's also the root of my unhappiness. When I look in the mirror or when my shirt / pant buttons scream for their life, I'm reminded about how I can't control my cravings and appetite. I have struggled with my weight and have tried everything. However, after a visit to the doctor, I have a completely new understanding of my body's ability to lose weight. Years of dieting have affected my ability to lose weight, but after consulting with Dr. Michael Ho, I have lost weight, regained the energy and I feel like a happy, healthy 34 yr old. "The reason most people can't lose weight is because of their hormonal imbalance caused by chemicals in foods, stress and a poor digestive system - preventing daily elimination." says Dr. Michael Ho.

IMPROVES DIGESTIVE HEALTH
DR-HO'S Digestive Detox helps relieve bloating, constipation & gas, and helps improve regularity with no cramping or rushing to the washroom. You are always in control.

Dr. Michael Ho is a doctor with over 20 years of clinical experience, specializing in drug-free treatments for Canadians. He has studied and worked in countries throughout the world and has devoted his life to Health and Medicine. Dr. Ho has been recognized for his ability to Identify and correct the cause of the problem, providing long term solutions for his patients. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up, which can lead to bloating, constipation, fatigue, hormonal imbalance and weight gain."

After extensive research and testing, Dr. Ho developed a natural detoxifying supplement for his patients. "This product is 100% natural and is comprised of vegetarian capsules, fibre and tea."

Patients experience tremendous results and detox has become one of the most recommended therapies to help improve digestion, reduce bloating and improve ability to lose weight. A clean digestive system is essential to increase your fat burning metabolism and strengthen your immune system.

Digestive problems can affect both your weight and health. Until the colon is cleansed and the toxins removed, nutrients will not properly absorb, and your poor digestion can cause constipation, gas, bloating, IBS, headaches and weight gain.

If you want to lose weight and get healthy, you need to cleanse your system of all the processed and synthetic foods, greasy foods and chemically treated meats that can be making you sick and fat. Dr.Ho's Detox helps remove build up, toxins and chemicals to increase your metabolism and help restore your health and weight.

DR-HO'S Detox also meets the strict requirements for safety and effectiveness and is made with the highest quality ingredients found in North America. DR-HO'S Detox will not cause diarrhea, cramping or fatigue and is recommended by doctors for anyone looking to lose weight and improve their digestive and overall health. "My patients lose weight, their hair & skin look healthier, they sleep better and have better energy because DR-HO'S Detox allows them to properly absorb the nutrients and eliminate the toxins and waste." declares Dr. John Fujimigari.

Since making the Detox System available to the public, we have sold out multiple times. "As a proud Canadian company, we have saved a limited number of Detox Systems and have an exclusive special for readers of the Metro paper. As a Summer Special, Dr.Ho has agreed to give the first 100 customers 50% off. Plus, you will get DR-HO'S Calorie Burn Weight Loss Booster .

DOCTOR FORMULATED
Why would you trust your health to anyone besides a doctor? Dr. Ho formulated the Detox System for a safe and effective cleanse.

"The Detox System will help you lose the weight you can't lose by just exercising. Try it today and feel lighter, more energized and look and feel healthier and younger again." The days of dieting and weight gain are over.

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Life Changing Stories

"This is the best thing that's happened to me in 15 years for my health"

Hi it's now been 1½ months since I started the Digestive Detox. To me it's like this product saved my life. I'm 51 years old. For about 15 years of that, I never new what a normal bowel movement was. I would go to the doctor and specialists for everything you can imagine. I have fibromyalgia, but for years I have complained about constipation. It was a normal thing to not go for 2 weeks at a time. They gave me prescriptions and nothing changed. Then for 3 years I would tell my doctor that I had so much pain and tell them the same story over and over that passing a bowel movement was like having a baby! It was hard as rock and would make me cry from the pain. My friends and family would make fun of me and ask me when I was having my baby because my stomach was so huge! My doctor always only said it was from the fibromyalgia. I was watching TV and thought yes this Dr. Ho is saying exactly what I thought. Now after being on the Digestive Detox I go 2 times a day! I also changed my diet to more natural good foods. My stomach now is gone! This is the best thing that's happened to me in 15 years for my health.

- Joan F.

Audrey K

"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

- Audrey K.

Before

After

"The Detox System is very easy to use and I noticed results fast! I have a problem with eating unhealthy foods, especially late at night. But with DR-HO'S Detox, I know I'm eliminating the fat and grease before it can absorb into my body.

- Vincent H.

Before

After

"I have IBS, gas and bloating. Since taking the DR-HO'S Detox System, I feel so much better! My bowel movements are regular, I feel energetic! It's so simple to follow. I'm sleeping very well, that tea is the most relaxing tea - it's wonderful! And within 2 weeks, I've lost 6 lbs without doing anything different."

- Jane A.

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